



ParentZone Gippsland

Term 4 Newsletter 2025

Information on Programs to support parents
and carers across Gippsland

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PARENTZONE

BETTER
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How can ParentZone Support you

At ParentZone we offer all carers and parents a space to develop and strengthen their parenting skills while creating positive changes in their family. We provide free parenting groups, workshops, resources, and training to all parents and caregivers across the Gippsland region. Our skilled and experienced facilitators tailor education programs to enhance your family's needs. This is done by using evidence informed frameworks such as Parents Building Solutions, Breaking the Cycle, Small talk and many more.

ParentZone programs support all ages and stages, from newborns to teenagers. Our programs address the challenges faced by parents including family violence and development milestones.

Programs are offered both face to face and online to ensure we can reach a large demographic in our region.

ParentZone offers consults, general parenting advice and assistance with referral pathways to other Anglicare services.

For more information or to discuss our programs please contact us on:

parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

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Frequently Asked Questions

How do I register?

Simply scan the individual QR code on the flyer of your chosen session OR enter the unique MS forms code into your internet browser OR contact ParentZone directly on 03 5135 9555 or parentzone.gippsland@anglicarevic.org.au.

What do the sessions cost?

All ParentZone facilitated sessions are completely FREE of charge.

What if I can't make to all sessions?

To gain the full learning and support from programs we suggest you attend all sessions. However, we understand that illness and life happens, we do have a requirement in order to receive a certificate of completion you attend a minimum of 4 of the 6 sessions.

What technology do i need for online sessions?

Our online session uses the ZOOM platform, you will need a device that is compatible with a working camera and microphone.

Do I have to keep my camera on?

Yes, there is a requirement that your camera is on, this allows the facilitator and other participants to see one another. All our programs are designed to be interactive sessions with parent participation encouraged.

Are the sessions recorded?

No, our sessions are not recorded. This is to protect the privacy of participants as the sessions are interactive and each program is designed to cover topics to meet your parenting needs.

Can my partner or support person attend as well?

Yes, anyone who can support your parenting is welcome to attend.

Can you diagnose my Child?

No, ParentZone offers general parenting advice and education we can suggest some referral pathways or services to contact for specialised direction and advice.

Contact ParentZone Gippsland at:

parentzone.gippsland@anglicarevic.org.au

P: (03) 5135 9555

anglicarevic.org.au

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Term 2 Program Overview

Please see full flyers for program description and enrollement details

PROGRAM NAME	DURATION	PAGE NUMBER
Parenting After Family Violence	7 Weeks	Page 5
Triple P	8 Weeks	Page 6
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Managing Childrens Behaviour	2 hours	Page 13
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In Home Support Services	Multiple dates and locations	Page 18
Suported Playgroup	Multiple dates and locations	Page 19



Parenting After Family Violence

Bringing up Great Kids: Parenting after Family Violence is a mindful, reflective and respectful program for mothers and female caregivers impacted by family violence.

The group provides a nurturing, empowering and safe environment for parents to learn from each other and begin a journey of understanding and healing for themselves and their children from the impacts of family violence.

- Understand how family violence affects your parenting and relationships with your children
- Learn about how parenting is affected by family violence and how to overcome these impacts in order to feel more confident and effective as parents
- Identify and deliver the important messages they want to convey to their children
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour.
- Understand the meaning behind behaviours and how to respond to children's underlying feelings and needs
- Discover ways to take care of yourselves as parents and find support when needed
- Learn about your own parenting wisdom, inner strengths and courage.

DATES: Wednesdays
8th October- 26th November 2025
No session 22/10/25
7 sessions

TIME: 10.30am-12.30pm

WHERE: Anglicare Victoria
3 Barkly St, Warragul

COST: Free

To register for the Parenting after Family Violence program, please complete the registration by clicking this link
<https://forms.office.com/r/t10UKuSiLq>
or scan the QR code



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Triple P Parenting Program

The Triple P – Positive Parenting Program understands that all parents have different needs.

Triple P provides support to help you manage your child's behaviour, build your parenting skills, and prevent the kinds of problems that make family life stressful.

The structure of the program is 4 group sessions and 4 individual sessions.

Find ways that work for you and your family to:

- Learn and practice parenting skills that will encourage behaviour you like and deal with problem behaviour
- Become confident as a parent and realistic about parenting
- Achieve important family goals
- Take care of yourself
- Explore complementary modules that enhance parent relationships, communication and coping.

DATES: Thursdays
9th October - 11th December 2025
No session 23/10/25 & 4/12/25
8 Sessions

TIME: 12.30pm-2.30pm

WHERE: Churchill Community Hub
9-11 Phillip Pde, Churchill

COST: Free

To register for Triple P, please complete the registration using the link
<https://forms.office.com/r/yEyHxp7pU5>
or QR code



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Tuning Into Kids - online interactive program

Emotionally intelligent parenting for parents of children aged 3-12 Years.

Tuning into Kids is an evidence-based program designed to support parents and caregivers emotionally tune in and support their children.

We work towards giving you a better understanding of your children, yourself, and improve communication, managing emotions, conflict, and challenging behaviours.

Would you like tips and strategies to:

- How to create open communication channels with kids.
- Strategies for helping children manage emotions and conflicts.
- Approaches for addressing challenging behaviours.
- Ways to help kids build resilience, especially in the face of anxiety or stress.

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses.

DATES: Tuesdays
14th October - 25th November 2025
6 sessions

TIME: 6:00pm - 8:00pm

WHERE: Online via ZOOM

COST: Free

To register for the Tuning into Kids program, please complete the registration by clicking this link
<https://forms.office.com/r/UyEz3c1VSJ>
or scan the QR code



E: parentzone.gippsland@anglicarevic.org.au
P: (03) 5135 9555

Please note:

Tuning in to Kids is a six week interactive program. To participate, you'll need a device with video and audio capabilities.



Breaking the Cycle - online interactive program

Is your teen exhibiting aggressive or abusive behavior?

If you're feeling overwhelmed, isolated, or unsure of how to manage your teen's behaviour, you're not alone. Breaking the Cycle is here to provide you with the tools, support, and understanding you need to restore peace and positive communication in your home.

During the 8 sessions, you will learn to:

- Understand the root causes of aggressive and abusive behaviour in teens.
- Set clear and healthy boundaries while maintaining a loving, supportive environment.
- Manage conflicts effectively without escalating tensions or losing control.
- Communicate with your teen in ways that foster respect and cooperation.
- Build resilience for both you and your teen in dealing with emotional outbursts and challenging behaviours.
- Create a family environment that encourages emotional safety and growth.

DATES: Thursdays
16th October - 11th December 2025
No session 23rd October
8 sessions

TIME: 10:00am - 12:00pm

WHERE: Online via ZOOM

COST: Free

To register for the Breaking the Cycle program, please complete the registration by clicking this link
<https://forms.office.com/r/ugPhzNib7K>
or scan the QR code



E: parentzone.gippsland@anglicarevic.org.au
P: (03) 5135 9555

Please note:

Breaking the Cycle is an eight week interactive program. To participate, you'll need a device with video and audio capabilities.

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Living with Neurodiversity

Are you parenting a child who identifies as neurodiverse?

You are not alone.

Whether your child is living with ADHD, Autism, sensory processing differences, or another neurodivergent profile, this supportive and practical program is here for you.

Topics we will explore:

- Flexible parenting strategies tailored to support children with neurodiverse needs
- Practical tools to build and strengthen social skills
- Guidance for managing transitions and adapting to change
- Effective, calm responses to emotional meltdowns
- Supporting your child when they feel overwhelmed
- Helping your child learn to regulate their emotions
- Empowering your child to navigate daily challenges with confidence and support

DATES: Fridays
31st October - 5th December 2025
6 sessions

TIME: 10.30am-12.30pm

WHERE: Noah's Ark
25 Chestnut Avenue, Morwell

COST: Free

To register for the Living with Neurodiversity program, please complete the registration by clicking this link <https://forms.office.com/r/Q9B1JbFNsj> or scan the QR code



E: parentzone.gippsland@anglicarevic.org.au
P: (03) 5135 9555



Tuning in to Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions

Do you want to:

- Better understand and support your teen's emotions—including anger, anxiety, and sadness?
- Improve communication and strengthen your connection with your teenager?
- Teach your teen how to handle conflict in healthy, respectful ways?
- Help your teen develop emotional regulation skills they can use for life?

Supporting the development of your teen's emotional intelligence will help them:

- Have greater success with making and keeping friends.
- Be more able to calm down when angry or upset.
- Have better communication at school.
- Better manage challenges and change.

DATES: Mondays
3rd November- 8th December 2025
6 sessions

TIME: 10.30am-12.30pm

WHERE: Mirboo North & District Co-Space
96 Ridgway Street, Mirboo North

COST: Free

To register for the Tuning into Teens program, please complete the registration by clicking this link_
<https://forms.office.com/r/ebs3A19Utg>
or scan the QR code



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Talking Dads - online interactive program

Open to all Dads, Step-Dads, Single Dads and Grand-Dads, come along to share experiences, learn new strategies & solutions.

Come along to these 6 interactive sessions and join other Dads to share experiences, learn practical strategies, and discover solutions on how to:

- Build your confidence as a father
- Improve communication and strengthen your bond with your children
- Create a safe, supportive, and healthy home environment
- Understand and manage stress, emotions, and anger more effectively

DATES: Mondays
3rd November - 8th December 2025
6 sessions

TIME: 6:00pm - 8:00pm

WHERE: Online via ZOOM

COST: Free

To register for the Talking Dads program, please complete the registration by clicking this link <https://forms.office.com/r/3JiEn8eDEf> or scan the QR code



E: parentzone.gippsland@anglicarevic.org.au
P: (03) 5135 9555

Please note:

Talking Dads is a six week interactive program. To participate, you'll need a device with video and audio capabilities.

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Parenting after Separation - online interactive program

Are you finding it difficult navigating your children's feelings and behaviour after separation?

Come along and gain practical skills to help you and your children build strong, positive connections. Share experiences and connect with other parents in similar situations.

Would you like to:

- Learn how to support your children through separation and family changes?
- Discover effective ways to manage both your emotions and theirs?
- Develop communication skills that will benefit both you and your children, now and in the future?
- Create strategies for managing your child's behaviour with understanding and patience?
- Explore self-care techniques to help you navigate this challenging period with strength and resilience?

DATES: Wednesdays
5th November - 17th December 2025
Fortnightly
4 sessions

TIME: 10:00am - 12:00pm

WHERE: Online via ZOOM

COST: Free

To register for the Parenting After Separation program, please complete the registration by clicking this link <https://forms.office.com/r/156c7bALT7> or scan the QR code



E: parentzone.gippsland@anglicarevic.org.au
P: (03) 5135 9555

Please note:

Parenting after Separation is a four session interactive program. To participate, you'll need a device with video and audio capabilities.

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Managing Challenging Behaviour

Are you parenting children who are displaying challenging behaviours and would you like to better understand what is a normal age and stage response for a child aged 0-12 years?

This parenting workshop is for parents and carers of children who wish to:

- Understand why young children behave as they do.
- Learn strategies to manage challenging behaviour
- Decide when and how to set boundaries
- Become a calmer happier parent

DATES: Friday 10th December 2025
1 session

TIME: 11:00am - 1:00pm

WHERE: Anglicare Victoria
88 Watt Street, Wonthaggi

COST: Free

To register for the Managing Challenging Behaviour session, please complete the registration by clicking this link <https://forms.office.com/r/ScFmuBkhWk> or scan the QR code



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Parenting Anxious Kids

Are you parenting young children who is displaying signs of anxiety in every day situations, would you like to better understand what is a normal age and stage response for a child aged 0-12years?

Come along to this session and join other parents to share experiences, learn practical strategies, and discover solutions on how to support your child.

Parenting anxious kids looks at:

- Recognising the signs of anxiety
- What causes Anxiety in kids
- How this triggers parents
- Develop the skills to cope and discuss fears in an attempt to move through them
- How how to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

Due to overwhelming popularity, in Term 4, we are offering Parenting Anxious Kids in multiple locations, please register via the corresponding MS form link or QR code.

To register for the Parenting Anxious Kids program, please complete the registration by corresponding MS form link or scan the QR Code or contact, parentzone.gippsland@anglicarevic.org.au or : (03) 5135 9555

Tuesday 28th October
Mirboo North & District Co Space
96 Ridgway St, Mirboo North
10:00am - 12:00pm



<https://forms.office.com/r/zTwZcFe3qq>

Wednesday 10th December
Anglicare Victoria Wonthaggi
88 Watt St, Wonthaggi
11:00am - 1:00pm



<https://forms.office.com/r/YjgsScARht>

Friday 12th December
Neerim South Primary School
180 Main Neerim Rd, Neerim South
1:00pm - 2:30pm



<https://forms.office.com/r/2UN0FnFcdL>



Surviving the Holidays

The holidays are a joyful time for many families, but they can also bring big changes to our normal routines. For some children, these changes can feel unsettling, leading to increased stress, grief, and emotional overwhelm. This often makes the holiday period feel long and challenging for both kids and parents.

This session is designed to help parents understand the impact that changes in routine can have on children, and equip them with practical strategies to prepare their kids for the holiday season. By setting clear expectations and maintaining some consistency, parents can help minimize meltdowns and reduce stress levels, making the holidays more enjoyable for everyone.

DATES: Tuesday 16th December 2025
1 session

TIME: 1.00pm - 3:00pm

WHERE: Churchill North Primary School
Coolabah Drive, Churchill

COST: Free
To register for the Surviving the Holidays session, please complete the registration by clicking this link
<https://forms.office.com/r/swVDxRhspR>
or scan the QR code



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During this session we can aim to explore:

- Identifying Stress Triggers During the Holidays
- Creating a Holiday Schedule That Works
- Maintaining Consistency Amidst Change
- Self-Care for Parents/Carers



Smalltalk In Home Coaching

Smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age.

In-Home Support involves a qualified facilitator visiting a family in their own home. Parents participating in In-Home Support may also be attending a Supported Playgroup. During these home-based sessions, parents see practical examples of the smalltalk strategies, and have the opportunity to practice these ideas with guidance from a qualified facilitator.

The parent and the qualified facilitator go through the In-Home Support videos together, which shows examples of the smalltalk strategies. The parent and facilitator then work together through the remainder of the session, practising the strategies modelled on the DVD, incorporating suggestions by the parent.

How Many Sessions:

- Families attending a supported playgroup are eligible for 5 In-Home sessions.
- Families not attending a supported playgroup are eligible for 10 sessions.

For more information or to register scan the QR code, click on the link or contact Kim on 0429 862 466 OR 5135 9555
Parentzone.Gippsland@anglicarevic.org.au
<https://forms.office.com/r/JAtzLuCC2N>



Learning Through Play Facilitated Playgroups

Come along to our playgroup supported by our friendly facilitator.

Some things you can expect from our playgroup are:

- New and fun ways to learn through imaginative play and craft activities.
- Connect through songs, dancing, nursery rhymes, and stories.
- Get ideas how to continue play at home.
- Be encouraged to explore your own creativity.
- Connect with other parents and children.

Within our playgroup, we offer the opportunity to learn new techniques to strengthen and improve interactions and engagements with your children using the evidence based Smalltalk strategies.

All the playgroups are free to attend, however booking are essential to ensure we have prepared enough resources.

Monday

Location: Noahs Ark
25 Chestnut Ave, Morwell
Time: 10:00am - 12:00pm
Age: 0 - 5 years

Thursday

Location: Churchill Neighbourhood Centre
Studio, 9 Phillip Parade
Time: 9:30am - 11:30am
Age: 0 - 5 years

Wednesday

Location: Noahs Ark
25 Chestnut Ave, Morwell
Time: 10:00am - 12:00pm
Age: 0 - 5 years

Friday

Location: Glendonald Preschool
Churinga Drive, Churchill
Time: 9:30am - 11:30am
Age: 0 - 5 years

Register scan the QR code, click on the link or contact Kim on 0429 862 466 OR 5135 9555
Parentzone.Gippsland@anglicarevic.org.au
<https://forms.office.com/r/JAtzLuCC2N>

